



SENIORS INC (aka The Little Bay Coast Centre) NEWS SHEET

October 2020

ANNUAL GENERAL MEETING

Monday October 12 at 10am, North Hall, 2 Curie Ave Little Bay

This meeting is to receive the annual audited financial reports and reports from the President, Treasurer and Manager. The Meeting also determines who will be on the Management Committee for the following 12 months and who will be the Public Officer.

The Centre currently has approximately 700 financial members. To be a legitimate AGM, 5% of members must be present. This is 35 members. Under COVID restrictions, a maximum of 60 people may be in the Hall. It is also necessary to ensure everyone uses hand sanitizer on entry, stays 1.5 metres apart and registers their attendance. Registration prior to the Meeting is preferred to ensure you have a seat.

Nominations for all positions on the Committee close on Thursday 1 October at 4pm. The positions to be filled are: *President, Vice President, Treasurer, Secretary* and up to *7 Committee members*, plus *Public Officer*.

Farewell to President Christine Kilcran - President 2017 - 2020.

Christine is stepping down and has decided not to accept nomination for the position of President or any other position on the Committee.



Farewell Dinner for Christine Kilcran L to R. Secretary Robina Beard Vice President and Treasurer Peter Bailey, Committee member Deborah Craddock, Margaret Stanley, Vice President Harry Stanley, Christine Kilcran, Warren Kilcran, Committee Member Diane Irvin and Manager Linda Mearing

The Special General Meeting of Members September 14, voted unanimously to adopt a new Constitution. A copy of the new Constitution was emailed to all members on September 17. Copies are available in Reception on request.



Administration: 2 Curie Ave, opposite Corner Pine Avenue & Ewing Avenue, Little Bay
T: (02)9311 4886 - E: admin@coastcentre.org.au - Web: www.coastcentre.org.au
Hours: 9am - 3pm - Monday to Friday

Vale Phillip Rippon 31/3/1954 - 22/9/2020

Phillip was a member of the Management Committee from 2017 to 2020. He joined the Centre in 2016. He loved his family, ballroom dancing, having fun and business planning. In May, while we were in lockdown, he was diagnosed with a rare and aggressive form of liver cancer. He fought the illness bravely with everything he had but sadly it took him on Tuesday 22 Sept just five months later. **Vale Phillip.** Our thoughts and prayers are with Phillip's wife, Lena and his sons, James and Matthew.

**New Dancercise class with Tanya Stocks Starts : November 4th**

Due to popular demand, Tanya will offer a new, faster, higher impact class on Wednesdays at 10.30 to 11.30 as well her classes on Mondays and Thursdays.

No dance experience is needed. You will benefit as long as you are moving to the beat, or not !

Dancing provides a total body workout. It's great for weight loss, mood lifting, flexibility, brain fitness, general health and wellbeing. Dance strengthens the heart, lungs and circulation system. The varied movements also improve core strength, coordination, balance, flexibility and muscle tone.

Register for this class now in Reception.

\$10 per class, or \$9 if you purchase a book of 10 vouchers for \$90

**New Spanish Classes 5 different levels of tuition**

Level 1: Beginners

Level 2: Beginners Next Step

Level 3: Pre-Intermediate

Level 4: Intermediate/Advanced & Conversation Classes

If you are interested in signing up for one of these Courses, email us at admin@coastcentre.org.au

Your level will be assessed by Marilo before being assigned to a Course Level.

NUMBER OF WEEKS PER TERM: 8 x 1.5 h

NUMBER OF HOURS: 12

MAXIMUM NUMBER OF STUDENTS: 12

Classes will be scheduled for Monday, Wednesday or Thursday mornings

Fees are \$120 per Course Paid in Advance

**Stretching + Core Strengthening Yoga class with Erika every Thursday @ 7.30am**

This class is designed to lengthen your muscles and tighten up your abdominals

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, and may even help reduce back stiffness and pain.

In addition to this Erika includes stretching for a well-rounded fitness routine. Incorporating some stretching exercises into your workout schedule will help you improve flexibility, reduce tightness, improve posture and help prevent injury. The class often uses a yoga strap. If you have one please bring it.

These classes are safe for ALL levels of fitness and abilities. – Come and give it a try !!!

TECH FORUM

Monday, 19th Oct 1-3pm



Join us and learn about Instagram

- What is Instagram?
- Why should I use Instagram?
- How do I set up and use Instagram?



The Little Bay Coast Centre for Seniors
Leisure and Learning Activities Centre

NEW CONSTITUTION FOR CCS

The Special General Meeting of Members on 14 September unanimously adopted a new Constitution. The new document now reflects current legislation covering Incorporated Associations like The Centre. Copies are available on request at Reception. It will appear on the Centre's website soon.
www.coastcentre.org.au

**Plants for Sale Starts Monday October 12**

Pick up a Spring beauty. Plants on sale for 2 weeks.

Extra Resistance Training Class with Manal

On Thursdays at midday. Starts October 15
Numbers are limited - Please register by emailing admin@coastcentre.org.au

